

# Keep your LivingWell Promise:

## It's easier than finding a four-leaf clover!



### 1. Get started

**You will need your HumanaVitality ID card.**

You will find your HumanaVitality Member ID number on this ID card. Use this ID when you get your Vitality Check, and when you take your online Health Assessment.

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### 2a. Vitality Check

**Get a biometric screening.**

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The screening is provided at no cost to you\* and is offered at a number of convenient locations. [Find locations and events here.](#) **Fast for at least nine hours prior to your appointment, and bring your HumanaVitality ID card and a photo ID.**

**- OR -**

### 2b. Health Assessment

**Take your online Health Assessment.**

Visit [LivingWell.ky.gov](http://LivingWell.ky.gov). Click "HumanaVitality Login" to log in. Hover over "Get Healthy," click "Health Assessment" and answer the questions to receive your Vitality Age. You also can complete your Health Assessment on the HumanaVitality mobile app. **You must complete all seven sections of the assessment on the mobile app to fulfill your LivingWell Promise.**

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### 3. Proof of completion

#### Get verification from HumanaVitality.

Log in to HumanaVitality, hover over “Get Healthy,” click “Achievement Dashboard.” Your Health Assessment should appear on the Achievement Dashboard within 24 hours. Vitality Checks may take 4-6 weeks to appear following your screening date. Click “Download as PDF” to save a document that can serve as proof of completion.

**If you have your Vitality Check done by your primary care physician, you must submit proof to HumanaVitality.** [Find the form here.](#)

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### 4. Get points

#### HumanaVitality rewards you.

HumanaVitality rewards you for completing your LivingWell Promise. Receive 2,000 Vitality Points just for completing the Vitality Check, and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment. (Hey! There's a four-leaf clover!)



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\*Physicians office co-pay may apply.

**KENTUCKY** PERSONNEL

Humana Vitality

LivingWell.ky.gov



Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) for all your wellness benefits.  
Questions? Visit [community.humanavitality.com](http://community.humanavitality.com)

STAY CONNECTED:

